

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

31 May 2026

### Comparison the effects of aromatherapy with peppermint oil and routine drug for chemotherapy induced nausea and vomiting in patients with breast cancer

#### Protocol summary

##### Summary

The objective of this study is to determine the effect of Aromatherapy with peppermint oil on chemotherapy-induced nausea and vomiting in patients with Breast cancer. This study is a Randomized clinical trial. The study population included 100 women who referred to Rasoul Akram hospital and Cancer Institute of Iran. Inclusion criteria: patients Aged 18-65 years, who Receiving cisplatin and anthracycline for the first cycle of chemotherapy. Patients who are reluctant to complete the study or have allergy to peppermint oil will be excluded. After obtaining inform consent, convenience sampling method will be used to recruit the study subjects, then participants will randomly allocated to the intervention group and the control group. The intervention group, besides the standard medications prescribed by a doctor, will trained to pour 2 drops pure peppermint oil (Barij Essence Kashan) by dropper on a napkin (size 20 × 20 cm) and attach with a pin on their collar then will be asked for taking breathe normally for 20 minutes. They will teach to do it three times each day (morning, noon and evening) for five consecutive days. For control group will be used normal saline as a placebo. To assess the nausea and vomiting, Rhodes questionnaire will be completed for the subsequent 5 days by both the intervention and the control group.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014050215649N2**

Registration date: **2014-11-14, 1393/08/23**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2014-11-14, 1393/08/23

##### Registrant information

###### Name

Mohammad Eghbali

###### Name of organization / entity

Torbat Heydariyeh University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 51 5242 1257

###### Email address

m-eghbali@alumnus.tums.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

School of Nursing and Midwifery, Tehran University of Medical Sciences

##### Expected recruitment start date

2014-11-01, 1393/08/10

##### Expected recruitment end date

2015-04-30, 1394/02/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison the effects of aromatherapy with peppermint oil and routine drug for chemotherapy induced nausea and vomiting in patients with breast cancer

##### Public title

The effects of aromatherapy with peppermint oil for chemotherapy induced nausea and vomiting

## Purpose

Prevention

## Inclusion/Exclusion criteria

Inclusion criteria: patients Aged 18-65 years, who Receiving cisplatin and anthracycline for the first cycle of chemotherapy, Healthy sense of smell. Exclusion criteria: reluctant to complete the study or have allergy to peppermint oil.

## Age

From **18 years** old to **65 years** old

## Gender

Female

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **100**

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Tehran University of Medical Science

##### Street address

Sixth Floor, Central Organization of University, Qods St, Keshavarz Blvd

##### City

Tehran

##### Postal code

#### Approval date

2014-05-18, 1393/02/28

#### Ethics committee reference number

93/02/28/25630

## Health conditions studied

### 1

#### Description of health condition studied

Nausea and vomiting

#### ICD-10 code

R11

## ICD-10 code description

Nausea and vomiting

## Primary outcomes

### 1

#### Description

Acute and delayed nausea

#### Timepoint

Data are gathered for five days after starting chemotherapy

#### Method of measurement

Rhodes Questionnaire

## Secondary outcomes

### 1

#### Description

Acute and delayed vomiting

#### Timepoint

Data are gathered for five days after starting chemotherapy

#### Method of measurement

Rhodes Questionnaire

## Intervention groups

### 1

#### Description

The intervention group, besides the standard medications prescribed by a doctor, will be trained to pour 2 drops pure peppermint oil (Barij Essence Kashan) by dropper on a napkin (size 20 × 20 cm) and attach with a pin on their collar then will be asked for taking breathe normally for 20 minutes. They will teach to do it three times each day (morning, noon and evening) for five consecutive days

#### Category

Prevention

### 2

#### Description

For control group will be used normal saline as a placebo.

#### Category

Placebo

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Rasoul akram hospital

##### Full name of responsible person

Mohammad Eghbali

##### Street address

Niayesh St, sattarkhan St.

**City**  
Tehran

2

**Recruitment center**

**Name of recruitment center**  
Cancer Institute of Imam Khomeini Hospital in Tehran  
**Full name of responsible person**  
Mohammad Eghbali  
**Street address**  
Cancer Institute Central 2, Dr. Gharib St.  
**City**  
Tehran

**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**  
Vice chancellor for research, Tehran University of Medical Sciences  
**Full name of responsible person**  
Doctor Masood Younesian - Vice President of Research and Technology  
**Street address**  
Keshavarz St, Qods St., Central Building, Sixth Floor, Tehran University of Medical Sciences, Tehran  
**City**  
Tehran  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Vice chancellor for research, Tehran University of Medical Sciences  
**Proportion provided by this source**  
100  
**Public or private sector**  
*empty*  
**Domestic or foreign origin**  
*empty*  
**Category of foreign source of funding**  
*empty*  
**Country of origin**  
**Type of organization providing the funding**  
*empty*

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**  
Tehran University of Medical Sciences  
**Full name of responsible person**  
Mohamad Eghbali  
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Nursing Graduate Student  
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**Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**  
*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*